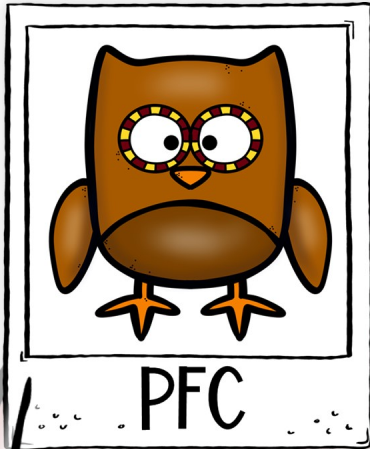
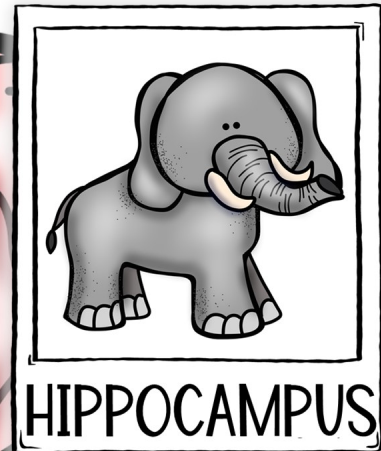


Your prefrontal cortex is your **WISE OWL**. It helps you think before you act, plan for the future, and make wise decisions.



PFC

Your hippocampus is your **MEMORY SAVER**. It helps you learn, save memories, and remember things.



HIPPOCAMPUS



AMYGDALA

Your amygdala is your **GUARD DOG**. It feels your feelings and keeps you safe when it senses danger with **FIGHT, FLIGHT, or FREEZE**.

YOUR BRAIN